THE NEW
INDIAN EXPRESS

BENGALURU • MONDAY • SEPTEMBER 14, 2020 • ₹7.00 • PAGES 32 • LATE CITY EDITION

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YOGA, CHYAWANPRASH IN GOVT'S POST-COVID CARE LIST

The Union health ministry on Sunday issued a care protocol for those who have recovered from the Covid-19 infection

SIGNS TO WATCH OUT FOR

The 'Post-Covid Management Protocol' also recommends the daily practice of meditation and breathing exercises. Recovered patients may also take a teaspoon of chyawanprash along with milk or warm water daily. One must watch out for and seek immediate medical help in case of high fever, breathlessness, unexplained chest ache or focal weakness

MONITOR TEMPERATURE, B.P. AT HOME

- The guidelines also call for regular monitoring at home of temperature, blood pressure, blood sugar and oxygen levels
- Those with persistent dry cough or sore throat have been advised to do saline gargles or steam inhalation
- The advisory recommends a balanced and nutritious diet

37.02 lakh

PEOPLE HAVE RECOVERED FROM COVID-19 IN INDIA

CHENNAI • MADURAI • VIJAYAWADA • BENGALURU • KOCHI • HYDERABAD • VISAKHAPATNAM • COIMBATORE • KOZHIKODE • THIRUVANANTHAPURAM • BELAGAVI • BHUBANESWAR • SHIVAMOGGA • MANGALURU • TIRUPATI • TIRUCHY • TIRUNELVELI • SAMBALPUR • HUBBALLI • DHARMAPURI • KOTTAYAM • KANNUR • VILLUPURAM • KOLLAM • WARANGAL • TADEPALLIGUDEM • NAGAPATTINAM • THRISSUR • KALABURAGI

The 18-day monsoon session of Parliament will start from Monday | PTI

Loads of issues in unusual session

EXPRESS NEWS SERVICE
@ New Delhi

STATE of the economy, tension between India and China, GST compensation to states, and the raging Covid-19 pandemic could dominate the monsoon session of Parliament beginning Monday. While the Opposition is gearing up to put the government on the mat on these issues, the Centre has a long list of legislative proposals to push through.

This time, the Parliament session will be much different because of the restrictions mandated by the Covid-19 protocol, with no Question Hour being allowed.

On Sunday, both Houses of Parliament had meetings of their respective Business Advisory Councils (BAC).

The Lok Sabha BAC will have another meeting on Monday to finalise the agenda for the next 18 sittings, while the Rajya Sabha will be allowing discussions on issues raised by the Opposition.

On Monday, Union Health Minister Dr Harsh Vardhan will make a statement on the Covid-19 situation in the Lok Sabha, while Parliamentary Affairs Minister Pralhad Joshi will move an amendment on Question Hour as an exception for the current session.

The Lok Sabha will take up only unstarred questions for which the government's answers will be tabled in the House, with no provision for asking any supplementary question.

With the Bihar Assembly elections close on the heels, the floor managers of the BJP-led ruling alliance are clear that the Opposition will not ease pressure on the government on the state of economy.

Meanwhile, the government is bracing to push 45 legislative proposals. Eleven Bills have been necessitated against Ordinances promulgated after the Budget session of Parliament was adjourned sine die due to the pandemic.

Mandatory Covid test

All MPs have been asked to undergo Covid test and only those who received a negative report will be allowed to sit in the session

Govt open to early Covid shots before full Phase 3 vaccine trials

Emergency use likely for section of people like senior citizens, workers in high-risk settings

SUMI SUKANYA DUTTA @ New Delhi

THE Centre is considering "emergency use authorisation" of Covid-19 vaccine, especially for senior citizens and people working in high risk settings, Union Health Minister Harsh Vardhan revealed on Sunday.

"This shall be done after a consensus has been reached," said Vardhan, while interacting with his social media followers through an online platform, called *Sunday Samvaad*.

The statement indicates that the government is planning to allow vaccination of a section of people even before Phase 3 trials of Covid-19 vaccine candidates are completed and their results analysed for safety and efficacy.

Curiously, the announcement comes close on the heels of the Trump administration in the US declaring a similar intent. Last week, the US Food and Drug Administration's office had, however, said drugmakers seeking emergency authorisation for Covid vaccine will have to meet a higher standard of efficacy than normally would be required for such a clearance.

Back home, senior officials in the health ministry, said while the Drugs and Cosmetics Act does provide for such an emergency use authorisation, it can be done only by the Central Drugs Standard Control Organisation — India's drug regulator — after analysing the limited data from early stage trials.

"Also, as of now, no vaccine maker or importer has approached the regulator for such an emergency use authorisation in India, which was granted in case of some drugs for Covid-19," said a top official. CONTINUED ON: P7

Shah back in AIIMS for full check-up

Union Home Minister Amit Shah, who had recovered from Covid-19, was admitted to the AIIMS on Saturday night for complete medical check-up before Parliament session begins

Proning can cause nerve damage in very ill patients

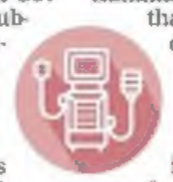
NIRAD MUDUR & IFFATH FATHIMA @ Bengaluru

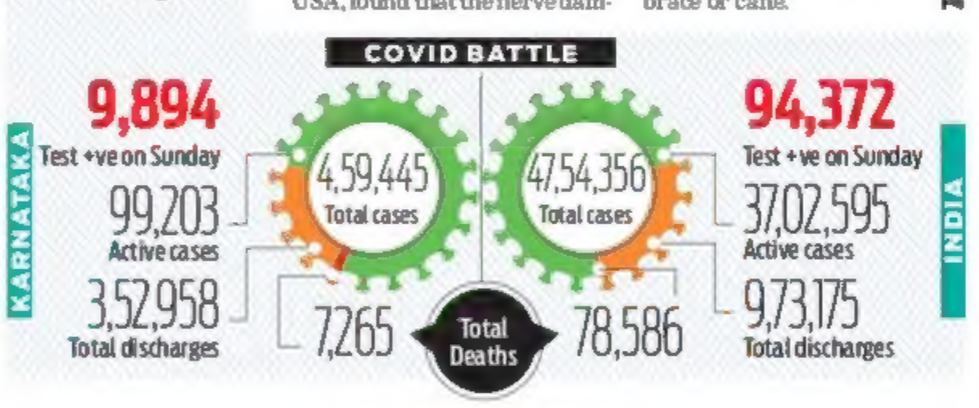
THERE is reduced mortality among those severely ill Covid-19 patients who are subjected to prone ventilation (made to lie on their stomachs while on ventilators to ease breathing), but they face the risk of damaged nerves and permanent disabilities post recovery, a new study has revealed.

The study has been accepted by the British Journal of Anaesthesia.

Researchers from Northwestern University's School of Medicine and Shirley Ryan AbilityLab, both in Illinois, USA, found that the nerve damage is the result of reduced blood flow — due to blood coagulation, a common feature in Covid-19 patients — and inflammation. They also found that such nerve damage did not occur among non-Covid-19 patients subjected to prone ventilation.

The most common injuries are wrist and foot drops, loss of hand functions and frozen shoulder, caused by distinct damage in the ulnar and radial nerves in the elbow, sciatic nerve linking the spine with the legs, and the common fibular nerve in the back of the knee. The study found some patients needed assistance, like a wheelchair, brace or cane. P6





EXPRESS READ

Nearly 90 pc attempt NEET, 1.19L in K'taka

New Delhi/Bengaluru: Nearly 90 per cent candidates appeared for the medical entrance exam — National Eligibility-cum-Entrance Test — held at 3,800 centres across the country on Sunday. In Karnataka, over 1.19 lakh students wrote the test. P2,5

Ex-Union minister who rolled out NREGA dies

New Delhi: Former Union minister Raghuvansh Prasad Singh, under whose stewardship of the rural development ministry the NREGA was launched by the Manmohan government, died at AIIMS in the national capital on Sunday. He was 74. P7

Sreesanth's ban ends after seven years

New Delhi: India pacer S Sreesanth's ban for alleged spot-fixing came to an end on Sunday, concluding a seven-year punishment. The 37-year-old has already made it clear that he intends to resume at least his domestic career at the end of the ban.

Taking photos, videos allowed in flights

New Delhi: Aviation regulator DGCA clarified on Sunday that passengers can take photos and videos inside flights, but can't use any recording equipment that creates chaos, disrupts flight operations, violates safety norms or is banned by the crew. P7

WITH THIS ISSUE
THE ESSENTIAL CAMPUS DIGEST edex
32 PAGES, INCLUDING 16 OF edex (TABLOID) & 4 OF CITY EXPRESS

MORE SKELETONS WILL TUMBLE OUT IN WAR ON DRUGS: BOMMAI

EXPRESS NEWS SERVICE
@ Bengaluru

HOME Minister Basavaraj Bommai on Sunday said that the coming week will be crucial in the crackdown on drug peddling and substance abuse.

The State Government will take certain key decisions by strengthening laws and the law enforcement agencies to fight the menace.

The names of those involved in the drug racket will be revealed as well, as the investigation would have reached a definitive stage by then, he said.

Briefing reporters, Bommai said the intelligence department will also be involved in a big way. "We have decided to further strengthen the Central Crime Branch (CCB) as it already burdened with several cases. Its purview and base needs to be strengthened more by posting more officials and providing more facilities," he said. CONTINUED ON: P4

Basavaraj Bommai
Govt will give instructions to police in border districts for stricter measures against drug trafficking

Kamal Pant, top cop
The CCB should be provided with independent legal experts to handle serious and sensitive cases

Police spread the net wide in narcotics trade probe

EXPRESS NEWS SERVICE @Bengaluru

THE Central Crime Branch (CCB) police who are investigating the Sandalwood drug racket case, are hot on the trail of Sheikh Faisal, believed to be a major drug dealer.

Faisal, who was a mechanic in Chamarajpet about 15 years ago, is said to have close links with several politicians, actors and cricketers. He has been on the run ever since the probe into the drug racket began and police are in touch with his family members.

With the police custody of actors Ragini Dwivedi and Sanjjanaa Galrani ending on Monday, the two reportedly pleaded with officers not to seek their further custody and to hand them over to judicial custody. On Sunday, the CCB officials also grilled a political leader in Hubballi as he was said to be in contact with Sanjanaa over the last few years.

Meanwhile, in Ghantikeri of Hubballi, the police arrested Sumer Singh Rajput of Sindagi and Samundar Singh Rajput of Azad Colony, and seized 6 kg of marijuana and a two-wheeler on Sunday. Both are natives of Jodhpur in Rajasthan.

In Belagavi, the police arrested Saheed Salim Peerjade (21), of Ashok Nagar in Belagavi and Kamaruddin Dastagir Khalifa (25), a resident of Vadgaon, and seized an autorickshaw and 700 gram of marijuana on Saturday.

CORONA EFFECT

B'luru's IT/ITeS firms eye office space in Mysuru to trim costs

AJITH M S @ Mysuru

THE Covid-19 pandemic seems to have managed to achieve, albeit for starters, what the government has been pushing for all along — tech companies moving to tier-2 cities. With IT majors embracing the Work-From-Home culture and no signs of employees getting back to offices in the foreseeable future, many companies, specially those engaged in back-end operations, are looking at setting up shop in the heritage city.

With a readily available talent pool, many firms are on the lookout for office spaces in the city and some have moved operations. More importantly, they can save big on operating costs, especially property rents. A majority of them are units with 50 to 100 employees, but sources also say that some big names in the BPO and KPO industry, which have operations in Bengaluru, are also looking at larger commercial spaces in Mysuru.

Commenting on the trend, District Industries Centre Joint Director D K Lingaraju said that he has been approached by close to a dozen entrepreneurs looking to start businesses in Mysuru, primarily due to the cost advantage and availability of skilled workforce.

According to Vinayak, who runs a background verification outfit for larger companies, it was the cost that prompted him to look at Mysuru. "One of our partners is from Mysuru, which made it easier to find space. But the main factor is cost and talent is also cheap, which is significant since we are battling a slowdown and hiring is at an all-time low." Vinayak said he is setting up a 50-seater unit in Mysuru.

The city is also hosting several companies handling back-end operations for US-based clients like those engaged in processing health insurance claims and billing, that is seeing much demand globally.

Confirming this, Bhaskar Kalale, former president of CII Mysuru, said such companies are looking to operate from Mysuru as there is availability of talent, and also due to the presence of companies like Sys Information in the city, which is already engaged in similar processes. P5

Cabinet rejig: CM plans mid-week visit to Delhi

EXPRESS NEWS SERVICE
@ Bengaluru

WITH cabinet expansion on top of the agenda, Chief Minister B S Yediyurappa could be flying to New Delhi on the day of Prime Minister Narendra Modi celebrates his birthday — September 17. During his visit on September 17 and 18, Yediyurappa will meet Modi and BJP national president J P Nadda. While discussions on cabinet expansion will be held during the meetings, the actual exercise will happen only after the legislature session, according to sources in the Chief Minister's Office.

The CM's New Delhi trip comes at a time when he is under immense pressure from within the party to expand the cabinet at the earliest. Sources close to Yediyurappa suggest that he is not keen on disrupting the cabinet for now, but has to at least make an effort to meet the party top brass and appease disgruntled legislators including the likes of Umesh Katti.

His planned trip is also making a few incumbent ministers jittery over the possibility of them being dropped from the cabinet in case of a rejig. P3

NO KID'S PLAY

Confined at home, children losing sleep over binge gaming

IFFATH FATHIMA @Bengaluru

TEN hours – that's how much time children are into 'binge gaming' these days. Day is now night for children who are staying put at home as schools and colleges are shut due to the pandemic.

They are now binge gaming on their mobile phones in the night and sleeping during the day!

With schools and colleges yet to begin, parents have started to complain about their children losing sleep due to online shooting gaming during nights. An increase in cases of binge gaming among children is being reported at the National Institute Of Mental Health and Neurosciences (NIMHANS) SHUT Clinic (Services for Healthy Use of Technology).

Dr Manoj Sharma, Chief Clinical Psychologist at SHUT Clinic, stated that while cases of binge watching which were earlier common, where people would stream series for hours together, it is now binge gaming by children.

"More than 120 minutes of watching any web series was stated as binge watching which was a cause of concern. Internationally, children playing for over five hours a day was termed binge gaming. However, in India, we are seeing children on their phones for more than 10 hours and mostly playing during the night losing their sleep, which is the real cause of concern as it could affect their mental health," said Dr Sharma.

He stated that he has been observing an increase in cases of parents complaining of children losing sleep due to gaming after the pandemic started. CONTINUED ON: P5